

**Statistics Report 10048, Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw**

Report Date: October 24, 2015 21:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	72.40	--	0.301	70.7	73.91	11.0	71.735	73.059	1	Analytical or derived from analytical	--	03/2007
Energy	kcal	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	570	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein <a href="#">1</a>	g	21.79	--	0.479	18.94	23.97	11.0	20.736	22.842	1	Analytical or derived from analytical	--	03/2007
Total lipid (fat) <a href="#">1</a>	g	4.80	--	0.377	2.4	7.34	11.0	3.967	5.629	1	Analytical or derived from analytical	--	03/2007
Ash <a href="#">1</a>	g	1.01	--	0.042	0.76	1.26	11.0	0.918	1.104	1	Analytical or derived from analytical	--	03/2007
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/1992
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1992
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	24	--	3.236	15	50	11.0	17.236	31.481	1	Analytical or derived from analytical	--	03/2007

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Iron, Fe <a href="#">1</a>	mg	0.61	--	0.021	0.55	0.75	11.0	0.569	0.659	1	Analytical or derived from analytical	--	03/2007
Magnesium, Mg <a href="#">1</a>	mg	25	--	0.417	22	27	11.0	23.982	25.818	1	Analytical or derived from analytical	--	03/2007
Phosphorus, P <a href="#">1</a>	mg	216	--	3.497	186	236	11.0	207.969	223.365	1	Analytical or derived from analytical	--	03/2007
Potassium, K <a href="#">1</a>	mg	359	--	5.751	322	382	11.0	346.509	371.824	1	Analytical or derived from analytical	--	03/2007
Sodium, Na <a href="#">1</a>	mg	60	--	1.422	52	70	11.0	56.554	62.812	1	Analytical or derived from analytical	--	03/2007
Zinc, Zn <a href="#">1</a>	mg	1.97	--	0.061	1.74	2.4	11.0	1.838	2.107	1	Analytical or derived from analytical	--	03/2007
Copper, Cu <a href="#">1</a>	mg	0.068	--	0.005	0.05	0.12	11.0	0.057	0.079	1	Analytical or derived from analytical	--	03/2007
Manganese, Mn <a href="#">1</a>	mg	0.009	--	0.002	0.01	0.03	11.0	0.004	0.014	1	Analytical or derived from analytical	--	03/2007
Selenium, Se <a href="#">1</a>	µg	38.3	--	5.446	12.3	65.8	11.0	26.279	50.254	1	Analytical or derived from analytical	--	03/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Thiamin	mg	0.484	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.186	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
Niacin	mg	6.685	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
Pantothenic acid	mg	0.725	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Vitamin B-6	mg	0.735	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	57.9	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Betaine	mg	3.0	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Vitamin B-12	µg	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	--	--	--	--	--	--	Calculated or imputed	10066	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
<b>Lipids</b>													
Fatty acids, total saturated	g	1.617	--	--	--	--	--	--	--	--	Calculated or imputed	10050	07/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
10:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
14:0	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
16:0	g	1.010	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
17:0	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.525	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
Fatty acids, total monounsaturated	g	1.999	--	--	--	--	--	--	--	--	Calculated or imputed	10050	07/2010
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
16:1 undifferentiated	g	0.122	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
17:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
18:1 undifferentiated	g	1.846	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2009
18:1 c	g	1.821	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
18:1 t	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
20:1	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
Fatty acids, total polyunsaturated	g	0.524	--	--	--	--	--	--	--	--	Calculated or imputed	10050	07/2010
18:2 undifferentiated	g	0.449	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2009
18:2 n-6 c,c	g	0.436	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
18:2 t,t	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
18:3 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2009
18:3 n-3 c,c,c (ALA)	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
18:3 n-6 c,c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
20:2 n-6 c,c	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
20:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
20:4 undifferentiated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
Cholesterol	mg	56	--	--	--	--	--	--	--	--	Calculated or imputed	10050	03/2007
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.229	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.978	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	1.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Leucine <a href="#">1</a> <a href="#">2</a>	g	1.856	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Lysine <a href="#">1</a> <a href="#">2</a>	g	2.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.251	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Phenylalanine <a href="#">1</a> <a href="#">2</a>	g	0.916	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.829	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Valine <a href="#">1</a> <a href="#">2</a>	g	1.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Arginine <a href="#">1</a> <a href="#">2</a>	g	1.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.941	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Alanine <a href="#">1</a> <a href="#">2</a>	g	1.279	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	2.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	3.479	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine <a href="#">1</a> <a href="#">2</a>	g	0.982	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Proline <a href="#">1</a> <a href="#">2</a>	g	0.881	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Serine <a href="#">1</a> <a href="#">2</a>	g	0.942	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Hydroxyproline	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

**Sources of Data**

<sup>1</sup>National Pork Board (NPB) Pork Study - Natural Cuts - 2006, 2006

<sup>2</sup>National Pork Board (NPB) Pork Value Cuts 2007, 2007